

## THERAPEUTIC EVALUATION & TREATMENT OF TOE WALKING (PEDIATRIC EQUINUS GAIT)

This course addresses therapeutic evaluation & treatment of pediatric equinus gait ("toe walking").

It is common for the practitioner to feel lost when a child presents with a toe walking gait pattern. Both evaluation and treatment of these children are often frustrating for all involved and frequently result in inaccurate evaluation with ineffective intervention and poor achievement of results. Long term results are rarely achieved with either resultant surgical intervention and/or a reoccurrence of the problem. However, establishing a specific approach to treating this type of patient can be made less frustrating and more rewarding by asking the right questions and forming a deliberate approach.

This course is excellent for alleviating a chaotic approach to the treatment of pediatric toe walking. Liesa teaches practitioners to assess toe walking through a holistic view of the child, including biomechanics & sensory processing, to develop a systematic approach and devise an effective treatment plan.

Through organized assessment, specific data will be used to direct the clinician to potential etiologies. Causes and appropriate intervention strategies are identified in order to utilize a systematic approach to developing an effective treatment plan.

This course will change how you think about & treat children with equinus gait!

### AGENDA (14 contact hours)

#### **Day 1**

##### **8:30-10:15: IDEAL GAIT & EQUINUS GAIT**

- Definition of Idiopathic Toe Walking
- Problems & concerns regarding an equinus gait pattern
- Components of normal gait & gait development
- Characteristics of equinus gait

*(15 MIN BREAK)*

**10:30-12:30: BIOMECHANICS**

- Necessity of a stable base
- The influence of an anterior center of mass

*60 MIN LUNCH (not provided)*

**1:30-2:30: BIOMECHANICS**

- Muscle Balance Theory
- Passive ankle DFROM measurement technique: R1 & R2

*(15 MIN BREAK)*

**2:45-3:45: BIOMECHANICS**

- Orthoses: Changes to tradition
- Shoe Modifications

**3:45-5:00: LAB**

- Posting wedges & calcaneal eversion
- Forefoot wedges
- Passive ankle DFROM measurement technique: R1 & R2

**Day 2**

**8:30-10:30: KINESIOLOGY**

- Physiology
- Manual therapy
- Muscle lengthening & strengthening strategies
- Therapeutic Taping

*(15 MIN BREAK)*

**10:45-12:00: LAB**

- Muscle lengthening technique: an alternative to stretching
- Kinesiology taping specific to Toe Walking

*60 MIN LUNCH (not provided)*

**1:00-3:00: SENSORY PROCESSING & SENSORY PROCESSING DISORDER**

- Consideration of the senses: tactile, vestibular, visual, proprioceptive
- Anatomy, Diagnosis & Incidence
- Assessment with regards to Toe Walking

*(15 MIN BREAK)*

**3:15-5:00: ASSESSMENT: CRITERIA, RESULTS & INTERVENTION**

- Birth & Developmental history
- Vision
- Classifications of Toe Walking etiologies
- Assimilation of material

**OBJECTIVES**

Participants who complete the webinar are expected to be able to:

- IDENTIFY specific etiologies relevant to pediatric equinus gait.
- DEVELOP an organized assessment approach and use the data to determine etiology specific interventions for pediatric equinus gait.
- DISCUSS etiology-specific & age-appropriate assessment & management strategies for this population.
- APPLY effective examination, evaluation, intervention and treatment strategies to toe walking in the pediatric population.
- DESIGN an effective & individualized treatment plan for the pediatric patient.
- EXPLAIN the future consequences of incorrect intervention.
- GAIN confidence with the evaluation and treatment of pediatric toe walking.